

Worries, Concerns and Apprehensions

In the early years, schoolwork, friends, reactions to negative experiences, or just the anticipation of something happening can overwhelm a child. In addition, the changes, stress and uncertainty of COVID has increased children's worries. Many parents report about the anxiety that affects children and the entire family. Attend this workshop to: Review the signs and the symptoms of worry in children. Understand how to identify what is causing your child stress. Learn techniques to teach and demonstrate strategies to help your child process and work through their worries. This interactive workshop allows time to ask questions to a mental health professional on how to help your family. For preschool through elementary.

Tuesday, November 9, 7:00 to 8:00 p.m. Free Virtual Workshop, Register [here](#)

DIY Toy Making

Use what you have...Make DIY Toys to promote early learning. Do you have some empty toilet paper rolls in the house? Don't throw them out! Did you know that using household items to make DIY toys can be beneficial for promoting early learning skills and fostering parent-child attachment? Learn how to make some simple DIY toys for your little ones in this fun and engaging 60-minute workshop. Using materials commonly found around the home, these simple yet fun toys are sure to spark creativity and keep your little ones engaged! This workshop will be geared towards caregivers with children zero to 5 years old.

Tuesday, November 16 7:00 to 8:00 p.m. Click [here](#) for registration to virtual workshop

Nothing I Do Works: A Parent's Guide to Challenging Behaviors

The Pyramid Model is a comprehensive, research-based approach that considers all of the factors that impact a child, family and a child's behavior. Learn how to help decrease negative behaviors from happening and/ or what to do when they do occur. Ask questions and leave with skills and resources that you can use immediately to help you feel more confident in your parenting. For children ages two to eight.

Tuesday, November 16, 12:00 - 1:00 p.m. Click [here](#) for registration to virtual workshop

¡El poder del juego! (The Power of Play)

¿Alguna vez se ha preguntado qué está haciendo realmente su hijo mientras juega? ¿Qué significa cuando dicen que los niños aprenden a través del juego? En palabras de Albert Einstein, "el juego es la forma más elevada de investigación". Sumérjase en la mente del niño pequeño en este atractivo taller que proporcionará información sobre por qué los niños deben jugar, cómo el juego afecta el desarrollo infantil y aprenda cómo debería ser el juego.

Martes 14 de Diciembre a las 7 p.m. Este evento es virtual. Por favor regístrese [aquí](#)

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Wednesday, December 8, 7:00 - 8:00 p.m. Click [here](#) for registration to virtual workshop